

GULF DEFENDER



Vol. 65, No. 15

Tyndall Air Force Base, Fla. *Home of Air Dominance Training*

April 14, 2006

In brief

Easter schedule

Catholic Easter Vigil is 8 p.m. Saturday and Easter Mass is 9:30 a.m. Sunday at Chapel Two.

Protestant Easter Sunrise Service is 6 a.m. Sunday at Shoal Point, an Easter Sunday Traditional Service is 9:30 a.m. Sunday at the NCO Academy and an Easter Sunday Contemporary Service is 11 a.m. Sunday at Chapel Two.

Commissary hours for Easter Sunday

The Commissary will be open Sunday from 10 a.m. to 2 p.m. For more information, call the Commissary at 283-4825.

Amateur Athletic Union basketball

AAU will host an event 11:30 a.m. Saturday at Jinks Middle School. AAU is a non-profitable nation-wide organization that helps mentor young boys and help them with many personal issues facing teens today, through the use of basketball. For information, call Master Sgt. Rickey Rivers at 283-2121.

What's inside



Fun at the beach comes with responsibility
... PAGE 7

Navy Top Gun leaves Hornets for Raptors

CAPT. J. ELAINE HUNNICUTT
325th Fighter Wing Public Affairs

A Navy Top-Gun pilot is learning to fly the F-22A Raptor at Tyndall AFB.

Navy Lt. Cmdr. Michael Wosje left Lemoore Naval Air Station in California for the beaches of Panama City in February to be the first Navy Raptor pilot.

The next job for Commander Wosje will be at Nellis AFB, Nev. He will be in the 422nd Test and Evaluation Squadron continuing the development of the advanced capabilities of the Raptor in addition to working "interoperability issues" or ensuring the F-22A is integrated into composite plans effectively.

Commander Wosje has flown combat missions as



Capt. J. Elaine Hunnicutt

Navy Lt. Cmdr. Michael Wosje prepares for his 12th flight in the F-22A Raptor. He will graduate from the training program at the end of the month and will move to Nellis AFB, Nev., as part of the 422nd Test and Evaluation Squadron.

● SEE NAVY PAGE 15

Eubank team impressed with Tyndall Services

MASTER SGT. MARY MCHALE
325th Fighter Wing Public Affairs

When the Air Force-level Eubanks Team visited April 3–5 to evaluate the 325th Services Squadron, the team's director said they liked what they saw – a lot.

"We're very impressed with what we've seen," said Jerry Cardinal, Director of Services, Air Force Reserve Command. "Lieutenant Colonel Piccolo and his folks are doing a great job, and are getting great support from the base leadership structure from the top down. Tyndall is going to represent the command very well."

Tyndall was the second of seven bases the team will evaluate, and the team visited each and every Services function. The evaluation portion goes through May.

Lt. Col. Marc Piccolo, 325th SVS commander, said he is proud of the effort his Airmen put forth and really appreciated the support both from basewide agencies and the local community.

"I think we set the bar," the colonel said. "This is a wonderful team of Airmen, appropriated fund and non-appropriated fund civilians, contractors and volunteers."

"They've got a way of making things happen that you don't see every day," he said. "When you combine that with outstanding support we get from all the other base agencies and the surrounding community, it's something special, a real treasure. I'm proud to be part of it all."

In fact, the squadron's theme for the visit was "Treasure Island." Colonel Piccolo said they came up with the theme based on Tyndall's geographic location and a desire to have fun with it, which he said they did.

"The entire visit was amazing and the team seemed very impressed by everyone's enthusiasm," Colonel Piccolo said.

The commander added that preparations for the Air Force-level evaluation were minimal since they were well prepared

● SEE EUBANKS PAGE 15



2nd Lt. Will Powell

‘Finny’ flight

Natalie Noll, left, Las Vegas Mirage Hotel veterinarian, and Nancy Dean, Mirage Hotel dolphin trainer, monitor and hydrate "Pablo," an Atlantic bottlenose dolphin from the Mirage Hotel marine habitat, Saturday on the flightline here. The dolphin was transported to Gulf World Marine Park for placement in the park's dolphin habitat. The temporary dolphin exchange between the hotel and park is part of a nationwide alliance of marine parks and aquariums that promotes successful breeding amongst the marine mammals. This is the second time in less than a year Tyndall has helped Gulf World Marine Park transport a live dolphin.

Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office. The winner for the April 7 "Identify This" is Barbara Berrey, spouse of an Air Force military retiree. She correctly guessed it was the top view of a fire extinguisher with the safety pin. Come claim your prize!

ON THE STREET

325th Fighter Wing Safety Office: What is your role in ensuring air show safety?



"I'll have constant (radio contact) with the air show network as I inspect operations."

CAPT. GIL ACOSTA
Chief of flight safety



"I ensure all aircraft are safe (and clear of explosives) for the public."

ROCKY JOHNSON
Weapons safety manager



"I ensure everyone's plans are in compliance with safety regulations."

STAFF SGT. KEN HAUCK
Safety technician



"I oversee flight operations safety from beginning to end to protect those observing the show."

MASTER SGT. RICHARD STREET
Flight safety NCO

Gulf Defender Editorial Staff

Brig. Gen. Jack Egginton325th FW commander
Maj. Susan A. Romanochief, 325th FW public affairs
Ms. Chrissy Cuttitachief, internal information
2nd Lt. Will Powelldeputy chief, internal information
Staff Sgt. Benjamin Rojekeditor
2nd Lt. Amanda Ferrellstaff writer
Senior Airman Stacey Haga.....staff writer

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted. The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*. For more information, or to advertise in the newspaper, call (850) 747-5000.

Tax file deadline Monday, make the most of returns

CAPT. NATHAN BROSHEAR
505th Command and Control Wing Public Affairs

An Airman walked into my office the other day excited about the new flat-panel television he was about to purchase.

Curious as to how the Airman could afford such an extravagance, I asked how he'd pay for such a pricey item. He smiled and said, "I'm buying it with my tax return money."

Cue the dramatic music! You can guess how the rest of the conversation went because I've taken it as my life mission to help young troops avoid the pitfalls of modern personal finance. Be it insurance scams or predatory auto dealers, I believe it's incumbent upon supervisors, officers and coworkers to help our up-and-coming Airmen prepare for a secure financial future.

Using one's tax return money for a brief pick-me-up at the local Best Buy is tempting. I'll admit that in my younger days, I once blew a check from Uncle Sam like a rock star trying to make the cover of a tabloid. But I've learned my lesson, and I hope to help you resist the temptation.

So what should you do with your

refund check? First, let's make one thing clear: The check you receive after filing your taxes is a tax "return" or "refund." The money in that check didn't materialize out of thin air, it was yours all along!

You "over-paid" your taxes and gave the government (your employer coincidentally) an interest-free loan. When you file your taxes, all you're doing is requesting what's rightly yours back. And for all that, you still have to wait 10-14 days.

One could adjust their withholding so that at the end of the year, the amount withdrawn from their check each month equals the proper amount they'd pay in taxes. I still haven't met someone that has successfully pulled this off; more often than not they've adjusted their withholding only to end up owing money because of some new change in the tax code (and you can be sure the tax code

will change every year.)

Of course, the Thrift Savings Plan should always be part of a complete financial plan. Putting money into the TSP decreases the amount of income tax you'll pay and can add up to healthy addition to a military pension. So don't forget about the TSP. But since you can't sock away your tax refund in the TSP, it's a smart move to do the next best thing ... read on young Jedi.

There are a wealth of financial experts (pun intended) out there with different opinions as to what you should do if you're expecting a tax refund. The one common denominator is this: If you have credit card debt of any kind, it's imperative that you attack that albatross first. Credit card debt is like a bad infection; it'll eat you alive if you're not careful. With the average American carrying well over \$5,000 in debt at an average rate of 18 percent there are few invest-

ments that will serve you as well as retiring the platinum card.

Paying off credit card debt should always be first on your list. "First" means before the flat-panel TV, before a new couch, and before you buy something to make your car more "fast-and-furious."

If you're smart enough to not have credit card debt, then starting (or fully funding) a Roth IRA is likely the smartest financial move you can make. Contributions to a Roth are capped at \$4000 per year for individuals. But did you know you can also put away another \$4000 for your spouse, even if he or she doesn't work! That's right, your spouse can take care of the kids and is still eligible to open and fund a Roth IRA (as long as you file your tax "married filing joint.")

My neighbor fully funds his Roth IRA and then uses his tax refund check to max out the contributions for his wife. That way if they ever separate (or retire), both of them will have a growing nest egg to take with them. For more information on setting up a

● SEE TAX PAGE 17



Courtesy Photo

Action Line:

Customer has concerns about the Fitness Center:

Q: I am concerned about the mildew growth in the tile around the shower faucets and over the exhaust fans of the two men's rooms in the gym.

A: Thank you for your comments. The Fitness Center staff relayed your concerns to our contract custodial workers.

Although we didn't notice any of the mildew you referred to, we will try to have the tiles and grout "deep cleaned" to brighten them up. Presently, the locker rooms and showers are cleaned and sanitized

by the contractor each night after closing. Keeping the showers clean is a constant challenge in this high-use facility, especially since we are open 21 hours a day.

We'll continue to monitor the cleanliness of the showers in an effort to provide you with an outstanding experience every time you visit.

Action Line Call 283-2255



BRIG. GEN. JACK EGGINTON
325th Fighter Wing commander

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response

or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515

MEO	283-2739
MPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
Legal	283-4681
Housing	283-2036
CDC	283-4747
Wing Safety	283-4231
Area Defense Counsel	283-2911
Finance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

Deployed editor sows seeds of hope in faraway land

STAFF SGT. BENJAMIN ROJEK
Combined Forces Command – Afghanistan Public Affairs

When I first heard I was being deployed from Tyndall to Afghanistan, I thought, “Oh boy. Here comes the fun.” I knew nothing of this “faraway land” besides the fact it was home to the ousted Taliban and a burgeoning democratic government. In other words, I was looking at four months of having to deal with rough conditions in a dangerous environment.

On the way here, I read up on this central Asian country. The more I understood about this place – numerous invasions by foreign armies, more than 20 years of constant war, the squashing of human rights by a theocratic government – the more I sympathized with its people.

After arriving in Kabul, my life became a whirlwind of planes, helicopters and Humvees. I traveled the eastern half of the country, taking photos and writing stories. I went to meetings of dignitaries, transfer of authority ceremonies and award presentations. I was busy, but I didn’t feel like I was “doing” anything.

Then one day, I was asked if I would like to go along as a photographer to cover a group of Hawaiian National Guard members delivering boxes of pens to an orphanage in the outskirts of the city. Pens here are a symbol of education, something that many children do not have.

By then I was used to driving around the city of Kabul, with its billboards advertising computer schools and cell phones, and its Everest Pizza Company and

Violet Arcade. Out in the suburbs, though, it was a gaggle of rickshaws and fruit stands, farm fields and eroded mud buildings.

After many a near-miss with swerving taxis and buses, we arrived at the orphanage. We pulled up to the compound’s gate and our interpreter let the orphanage director know who we were. The gate slid open, and our two sport utility vehicles pulled inside.

Kids are kids are kids; they like swing sets and chocolate and crayons no matter where you are in the world. And these kids were no different.

I think that’s why it hurt so much to see them happy and laughing and saying, “Mister, picture!” when I saw their playground full of garbage, their torn and muddy clothes and their scars from injuries inflicted long ago. I wanted to hug them all and give them food and tell them people, most people, are good. People do love and care for children. There are people out there who would give them homes and blankets and toys and read them stories at bedtime.

Never so much in my life did I wish I could hold something like hope in my hand and give it to whoever asked.

When we left I was feeling melancholy. Maybe it’s naïve to think I could have done more. I can’t save the world. I’m not as rich as Bill Gates or as strong as Superman. I’m not going to heal years of war and hatred with a picture or story.



Staff Sgt. Benjamin Rojek

Army Spc. Brianna Young-Navarro, a Soldier with the Hawaii Army National Guard’s 117th Mobile Public Affairs Detachment, hands out pens recently at an orphanage in Kabul, Afghanistan. The Soldiers delivered 10,000 pens as part of the “Pens for Promise” campaign sponsored by the Chamber of Commerce of Hawaii.

And I may not be able to heal a nation by handing out pens, toys or shoes. But maybe, like some sort of cammo-clad “Johnny Appleseed,” I can plant the hope that will one day blossom into a fruitful reality of peace and freedom.

I left Tyndall for Afghanistan knowing my job, but not my purpose. Now I know: I will make this place a little bit better, a little bit brighter. I will show these children, the future of Afghanistan, that something as small as a smile and a pen can do a lot more good than a scowl and a gun.

News

Contractor, military veteran remembered

Memorial services were held Thursday evening for retired Chief Master Sgt. Juergen "Eric" Hoewt.

Interment services with full military honors will be today at 2 p.m. at the Barrancas Cemetery in Pensacola.

Mr. Hoewt, who worked for Lockheed Martin and Defense Support Services at Tyndall since 1997, passed away Monday.

His most recent position here was as the F-22A Transition Manager, a position he held for the last five years.

"He was a true innovator," said Frank Pratt, DS2 program manager. "He identified numerous new system integration improvements and developed workable solutions. He performed a major role in bringing maintenance of this

highly sophisticated fighter from the drawing board to operational reality in the 325th Fighter Wing and the Air Force. Tyndall and the Florida Panhandle have lost a true friend and community leader."

Mr. Hoewt was born in Kaltenkirchen, West Germany to Hans and Meta Hoewt. He moved to Pensacola in 1957 where he graduated from Pensacola Technical High School.

Mr. Hoewt enlisted in the U.S. Air Force in 1965, during which he fought in the Vietnam and Gulf Wars. During his



Courtesy photo

Juergen "Eric" Hoewt

career, he was stationed at Andrews AFB, Md., Robins AFB, Ga., Minot AFB, N.D., and Bitburg AB, Germany. He retired at Minot in 1994.

After he retired, he continued to serve the U.S. in various positions for Lockheed Martin and DS2.

He was also an active member in the local Veterans of Foreign War Post where he served as the post and district commander.

In lieu of flowers, memorial contributions may be made to the American Cancer Society.

(Compiled by 325th Public Affairs)

RAO changes hours, needs support

Starting April 25, The Retiree Activities Office will only be open 9 a.m. to noon Tuesdays because more volunteers are needed to keep it open.

The office will soon be forced to close unless more people volunteer to keep it running. The ROA provides a source of information for the retiree community about pay and entitlements, vehicle registration, identification cards and more.

Volunteers can work as many or few hours per week as they desire. For more information, or to volunteer, call 283-2737, or e-mail rao@tyndall.af.mil.

Tyndall master sergeant court-martialed for cocaine use

CAPT. ROSEMARY GILLIAM

Base Legal Office

A Tyndall master sergeant was convicted of one specification of wrongful use of cocaine in a special court-martial held March 23 here.

Master Sgt. Holly Foster, 325th Fighter Wing/Detachment 1, Corry Station, pled guilty to violating Article 112a of the Uniform Code of Military Justice before a military judge, admitting to using cocaine in September 2005.

After testing positive in a random urinalysis, the Airman admitted to smoking three crack pipes that were kept in her fiancé's bathroom. She admitted to the military judge that she smoked the crack pipes on one occasion for approximately three hours.

The judge returned a sentence of four months confinement, reduction to senior airman and forfeiture of \$1344 pay, per month, for four months after reviewing documentary evidence, taking testimony from a witness who testified on behalf of

Sergeant Foster, and hearing arguments from both the government and the defense counsel.

"This Airman's conviction serves as a reminder that drug use is unlawful, regardless of how many stripes you have on your sleeve or the rank you have on your shoulders," said Capt. Brad DeVoe, assistant staff judge advocate. "The fact that this individual was a mas-

ter sergeant did not make her crime less serious. It made it much more serious, as she was expected to set an example for other Airmen."

In 2005, there were 497 convictions Air Force wide for wrongful drug use, including 87 convictions in AETC and five convictions at Tyndall. So far this year, there have been 97 convictions in the Air Force for drug use, to include 23 in AETC and three at Tyndall.

These numbers illustrate the effectiveness of the Air Force urinalysis program and the fact that wrongful drug use will not be tolerated in the military, said the captain.



Lou Gehrig’s Disease forces AFCESA member to retire

MASTER SGT. MICHAEL A. WARD
Air Force Civil Engineer Support Agency Public Affairs

Tech. Sgt. Jason Whitman’s retirement ceremony March 29 was in many ways a lot like any other. He received a few gifts and mementos and shared the moments with a roomful of family and friends.



Col. Gus Elliott Jr., Air Force Civil Engineer Support Agency commander, presents a shadow box to Tech. Sgt. Jason Whitman during the sergeant’s retirement ceremony March 29.

But it was different. Sergeant Whitman was in a wheelchair, the atmosphere was somber, and muffled crying could be heard from some of the guests. He cried himself when it came time to take the floor. What should have been a long career, much longer than the 11 years he had put in, was now coming to a close.

In 2005, Sergeant Whitman was diagnosed with Lou Gehrig’s Disease, a very rare neuromuscular disorder that is incurable and fatal. Most patients die within a few years of being diagnosed, according to the American Academy of Family Physicians.

“My doctors gave me the standard response of three to five years,” Sergeant Whitman said. “You take it as you get it, and keep living while you can.”

A shrug would have been an appropriate gesture, and perhaps he made an attempt at it. But the disease slowly strips away the ability of the motor neurons to signal the muscles to move. Eventually the neurons die, leading to muscle atrophy, paralysis and death, according to medical experts.

Sergeant Whitman, a member of the Air Force Civil Engineer Support Agency’s Airfield Pavement Evaluation Team, said he first noticed something was wrong after jogging one day in the summer of 2004.

“One leg wasn’t responding,” he said. “Later that year I started having trouble with my balance.”

In January 2005 he was diagnosed with the disease.

He didn’t handle the news very well at first, he said, but gained a different perspective over time because of his family.

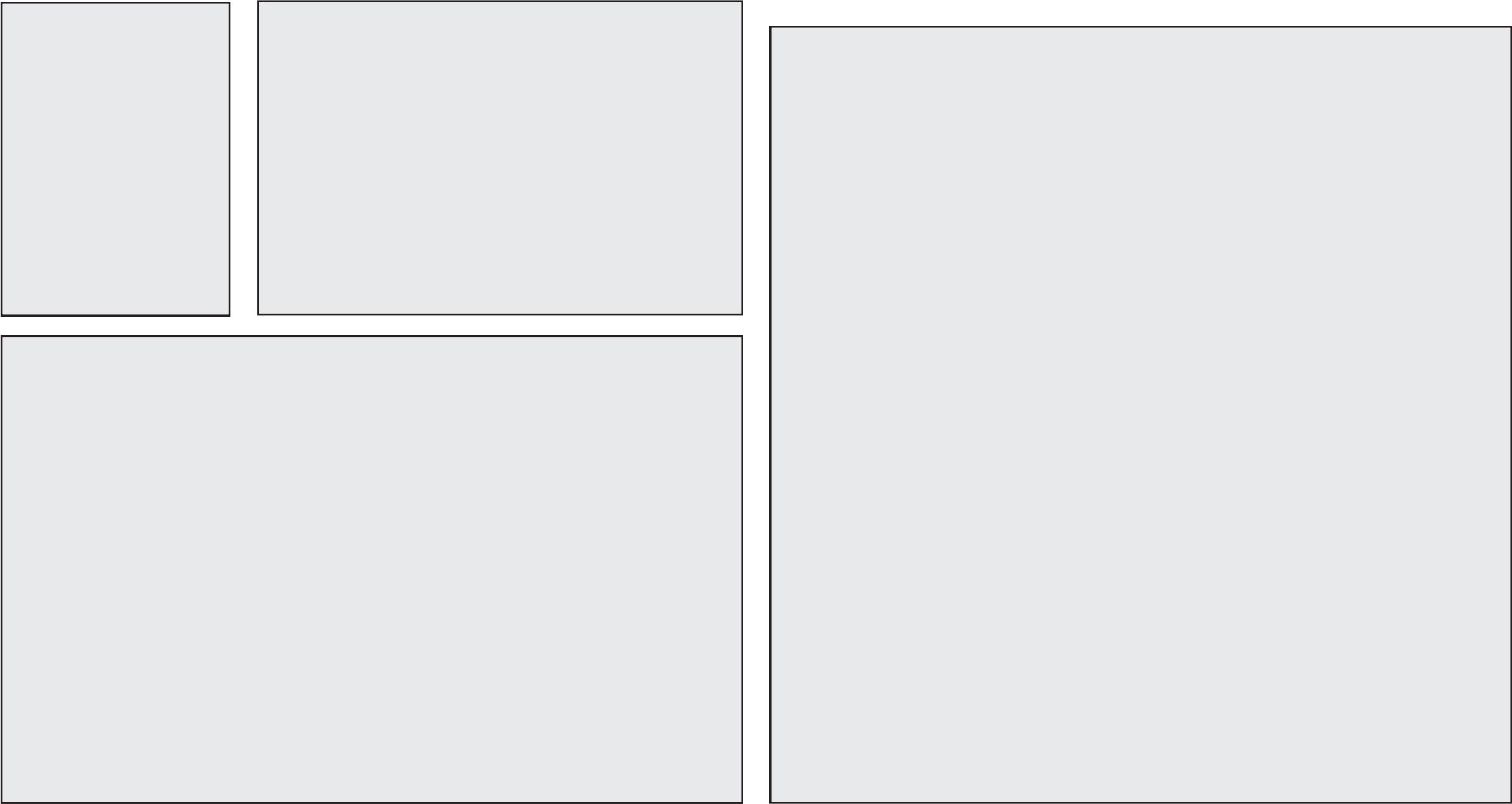
“There are people who die in battle and never get a chance to say goodbye. I’ve already started recording messages to leave for my family. Some members don’t get a chance to do that.”

He’s says he is not bitter about his condition but said he was looking forward to a longer career.

“I love the Air Force and was hoping to do at least 20 years. I had aspirations for making senior but wasn’t quite sure about making chief. I told my wife the other day though that I thought I would have had a good chance.”

Sergeant Whitman and his wife Tracy have four children: Seth, 7; Haley, 4; Jared, 3 and Emily, 5 months. After the retirement ceremony, the family began preparing for their move to his hometown of Jacksonville, Ark., where his parents still live.

“That was about the toughest retirement ceremony I’ve been a part of,” said Maj. Tom Defazio, a former Pavement Evaluation team member. “Having worked with Jason and knowing what type of person he is and how bright he is, it was very difficult. It was very emotional.”



Beach goers asked to be responsible while having fun

2ND LT. AMANDA FERRELL
325th Fighter Wing Public Affairs

Watching the sun rise above the horizon of Tyndall’s coastline is an appreciated start to many people’s mornings. Building sand castles with family members on the weekends and walking the boardwalk during lunch break are also benefits Airmen enjoy here.

“We encourage Tyndall residents to enjoy the beach,” said Johnny Walker, 325th Civil Engineer Squadron grounds crew superintendent. “And we would appreciate their efforts to keep the beach clean.”

Accumulated litter pollution is encroaching on the coastal ecosystem here and degrading pristine views enjoyed by those visiting the beach for recreation.

Tyndall beachfront is patrolled by natural resources wildlife technicians and CE grounds crew members for ecological and maintenance purposes. But those getting ready to spend time on the beach this summer have voiced their concerns about litter as well.

“I go to the beach here because it’s one of the nicest, most well-kept beaches around,” said Senior Airman Vanessa Jimenez, 325th Fighter Wing information manager. “If litter becomes a serious problem, I’ll look for another beach even if it’s farther away.”

The aesthetics of a clean beach are expected by those looking for a tranquil escape from a hectic workday or an impressive showcase of Florida’s coastline for visiting family and friends. Ecological damage caused by litter pollution, however, has a long-lasting, costly impact on the environment. And it has the natural resources flight concerned.

“Sometimes (the litter) is really bad,” said Will Holmes, 325th CES natural resources flight wildlife technician.

“(Trash) left by those on the beach creates a real problem,” said John Jennings, natural resources wildlife technician. “It attracts coyotes that dig up sea

turtle eggs and eat native beach mice.” Tyndall residents are encouraged to enjoy the coastal waters and natural ecosystem preserved by the CE squadron here.

“The Tyndall population should come out and take advantage of the beach and enjoy one of the great benefits of their assignment here at Tyndall, but we ask them to respect the native species,” said Mr. Jennings.

“Also, endangered sea bird species are threatened by pets, which are not allowed on the beach, and by those walking near the dunes,” Mr. Jennings said. “Twice a year we do a thorough beach clean-up and collect five to six truck loads of debris.”

He added the problem has a simple solution: Carry off the beach what you bring on.

While the environmental impact is significant, those caught littering on Tyndall beaches will assume potential legal repercussions as well.

“Those who choose to litter are subject to fines and written documentation,” said Staff Sgt. Michael Grant, 325th Security Forces Squadron NCO in charge of personnel security. “Civilians are fined \$75 and are issued a written citation. Military members receive a DD Form 1408 and the incident is reported to their first sergeant for further action.”

“Debris and garbage wash onto Tyndall’s shoreline from boats in the Gulf,” Mr. Holmes said. “It’s not necessarily all from beach goers here on Tyndall.”

The CE grounds crew, which polices Tyndall property, agrees that the problem may not stem from Tyndall residents exclusively, “but we would appreciate those visiting the beach to use the trash receptacles provided,” said Mr. Walker.

“There are garbage cans on the north-side of the boardwalk and under the pavilions. And we’re open to putting trash cans on the beach-side if necessary,” he said.



Chrissy Cuttita

A bottle found on Tyndall’s beach is an example of how litter encroaches on the coastal ecosystem.

One of the primary methods of beach maintenance is carried out by volunteers once a year here.

“The annual Earth Day clean-up covers the beach (near the boardwalk),” said ChiQuita George, 325th CE civil engineer and pollution prevention program manager. “The Earth Day program is supported by the Ocean Conservancy and the Bay County Solid Waste Division. They provide all the clean-up supplies including trash bags and gloves, as well as T-shirts and beverages for the participants.”

It’s an event for those looking to get involved in a great environmental project that benefits the base while spending an afternoon on the beach, she said.

Tyndall beaches are open to those with authorized access to the base. For further guidance and beach restrictions, refer to the rules posted at the boardwalk entrance.

Homeowner grant for Katrina victims

KEESLER AIR FORCE BASE, Miss. (AFPN) — Eligible homeowners who sustained flood-related damage caused by Hurricane Katrina, even if their residences were outside the flood zone, may qualify for grants of up to \$150,000.

This includes people who were stationed at Keesler at the time of the hurricane and have since been reassigned to other locations.

The application processing dates for the Keesler Service Center of the Hurricane Katrina Homeowners' Grant Program run from Thursday–May 5.

For appointments, call (228) 377-1378 from 8 a.m. to 4 p.m. Monday through Friday for appointments to apply for the program. Appointments are at the center, located in the 2nd Air Force headquarters, 721 Hangar Road.

The Keesler Service Center will make special arrangements to accommodate military people who meet all the requirements, but who are no longer in the local area. Reassigned and/or dislocated personnel can call the service center or to contact their former organization at Keesler.

The federally funded program is administered by the Mississippi Development Authority. For more information, visit www.MSHomeHelp.gov or www.keesler.af.mil/Hurricane/grant.doc/.

FOD Preventer of the Month



2nd Lt. Amanda Ferrell

Tech. Sgt. Troy Brown, 95th Aircraft Maintenance Unit assistant support section chief, uses a shoulder-carried vacuum cleaner to remove sand and potentially damaging material from grounding points on the flightline. Since starting to use the vacuum, the 95th AMU has removed more than 75 pounds of debris during the past two weeks from divots, cracks and seams in the flight line.

Checkertail Salute

Staff Sgt. Cynthia Yon



2nd Lt. Amanda Ferrell

Sergeant Yon receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Sergeant Yon, 325th Medical Group. New to Tyndall, she hit the ground running by recognizing deficiencies within her unit personnel management roster and immediately corrected unit checklists and rosters. She also processed more than 20 performance reports in March.

Duty title: 325th Medical Group Commander Support Staff, NCO in charge
Time on station: Two months
Time in service: Six years
Hometown: Rye, N.Y.
Hobbies: Watching movies, going to the beach, spending time with my family
Favorite book: "The Notebook" by Nicholas Sparks
Favorite movie: "Dirty Dancing"
Favorite thing about Tyndall: The beaches
Pet Peeves: Being late
Goals: To go the highest I can go in the enlisted structure

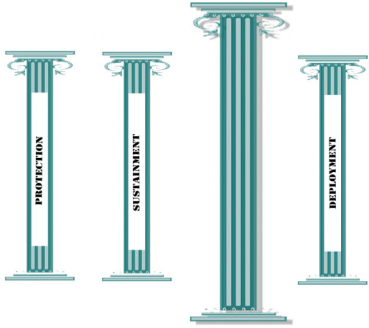
The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

The Gulf Defender is published for people like Airman 1st Class Justin Williams, 325th Air Control Squadron pilot simulator technician.



Student Focus

FORCE TRAINING



Training Spotlight

In what way do you hope Airman Leadership School will improve your leadership ability?

“I would like to better my communication skills. It would improve my leadership ability, boosting morale among the Airmen in my unit.”



SENIOR AIRMAN

MICHAEL RUTKOWSKI
83rd Fighter Weapons Squadron
aircrew life support craftsman

Airmen get warm welcome, sound advice

CHRISSY CUTTITA
325th Fighter Wing Public Affairs

One joined to fulfill a promise to a friend who called him from the World Trade Center on 9/11. Another joined to get educational benefits so he can become a lawyer one day. Travel and college are the reasons a third Airman signed up to serve.

Airmen 1st Class Jessica Snyder, Shivers Chadir and Airman Russell Lind all joined the Air Force approximately eight months ago. Despite where they came from, they are all here now as First Term Airman Course students and they are looking forward to the start of their Air Force career.

At FTAC, instructors reinforce the core skills these students learned in basic military training and technical school



Chrissy Cuttita

Airman 1st Class Branden Belush, 325th Comptroller Squadron special actions technician, answers FTAC students' questions about their military pay and benefits.

as they now transition to their first operational duty assignment.

“The two-week Air Force-wide program helps Airmen transition from a military training environment to an operational one,” said Tech. Sgt. Robert Edwards, FTAC flight chief here. “The goal is to give our newest Airmen a sense of who they are and reinforce the skills they learned in basic training. They should never think, ‘I’m just an Airman.’”

Within the first 30 days of their first Air Force duty assignment, enlisted Airmen are enrolled in FTAC.

Airman Chadir has only served in training at Lackland AFB, Texas, before coming to Tyndall, but has already had the opportunity to work installation security as a security forces apprentice.

“We reinforce what they have learned and provide guided discussions on most topics,” Sergeant Edwards said. “The curriculum consists of a variety of subjects that include an in-depth look at Air Force history, core values, customs and courtesies and appropriate standards of conduct.”

“It is a lot of information but it can be very useful if you ever end up in a situation where you really need it,” said Airman Snyder.

Throughout the course, Sergeant Edwards said students receive a series of briefings, tour base facilities and do physical training.

“We get the chance to bond with other new Airmen,” said Airman Chadir about classmates who could potentially become his neighbors in the dorm or members of his unit.

The one thing all three Airmen said would help them at their new base is the knowledge of where everything is.

"You feel lost," said Airman Snyder about her first days at Tyndall. "I want to know where everything is."

Aside from the class briefings and base tour, students also get involved with the community. They will help set up the 2006 Gulf Coast Salute on base and plan to visit a local veterans' hospital.

“Going to the hospital is always a great time for the students because they get to interact with others who served and listen to their stories,” said Sergeant Edwards.

The flight chief added it's also important for these students to keep applying what they've learned after they graduate.

“We set them up for success from day one by outlining a path to help them be more successful in their military careers,” said Sergeant Edwards. “This course helps them confirm they are not just Airmen, they are Airmen who serve a vital role in our Air Force.”

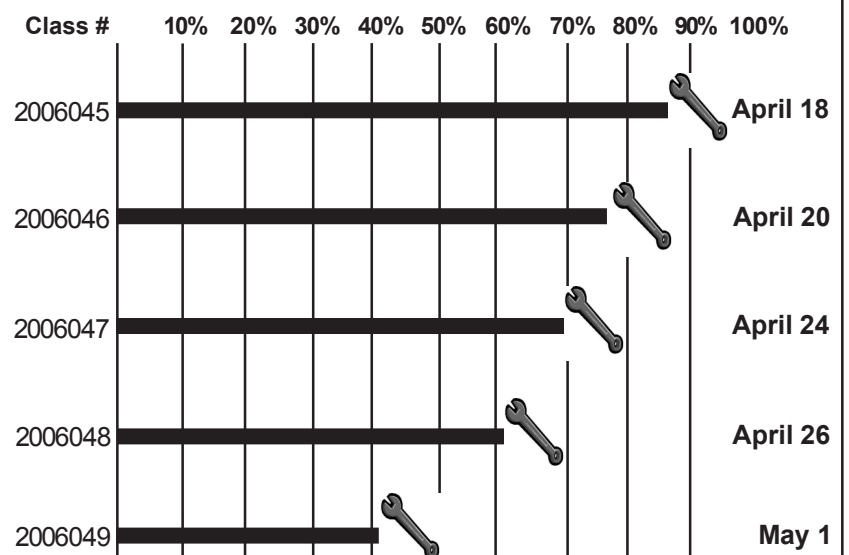


2nd Lt. Amanda Ferrel

Good to go

First Lt. Nicholas Sigler, 1st Fighter Squadron F-15 Basic-Course student, prepares for his sixth training flight during which he will practice instrument approaches. Pilots report to the operations desk to review Notices to Airmen, weather conditions and important flight information before every mission.

Mission Ready Airmen (F-15 Eagle crew chiefs) student progress chart





2nd Lt. Amanda Ferrell

Above: Kevin Kussro works with Lt. Col. Dave Salva to raise the sail before pushing off for a sailboat ride along the coast of Bonita Bay. Sailing lessons are taught once a month allowing those who successfully complete the course to rent sailboats from outdoor recreation.

Right: Master Sgt. John Castriotta, 325th Air Control Squadron operations training superintendent, and his son Matt, a captain in Civil Air Patrol, grill burgers during the annual 325th ACS "Spring Fling" cook-out held at Bonita Bay.



2nd Lt. Amanda Ferrell

Bonita

2ND LT. AMANDA FERRELL
325th Fighter Wing Public Affairs

Spring is officially here and the 325th Fighter Wing is gearing up to offer the "Spring Fling" during the other season of beach fun.

"Bonita Bay offers a variety of activities and lessons," said Master Sgt. John Castriotta, 325th Air Control Squadron operations training superintendent. "It is a friendly environment where people of all ages can enjoy the beach or in the water."

The Bonita Bay community center offers indoor and outdoor Recreation rental equipment for identification card holders at military rates. While familiar with pontoon boats, the Bonita Bay offers equipment for a variety of outdoor activities.

The equipment and services are available to all active duty, retired, and family members of Defense employees authorized to use the facility and all dependents 18 years of age or older with a valid ID card.

"We rent nearly everything from lawn and garden work, to water sports," Mr. Kussro said.

Water skiing and snow tubing are also popular and other boating equipment is available for most commonly rented.

"Canoes and kayaks are available for rent (at Bonita Bay) or our customers can rent them to other local vendors," said Mr. Kussro. "Often people rent them for Shell Island or Vortex Island."

Motor boat rentals are also available.



Christopher and Austin are enjoying a spring afternoon on the Bonita Bay.

Bay offers an abundance of outdoor opportunities

ELL
airs

here and Bonita Bay is Tyndall community and water recreation.

a wide array of activities. Kevin Kussro, 325th maintenance and recreation facility manager, said the atmosphere is friendly and enjoyable where people can enjoy activities on the bay.

complex houses the Outdoor shop where military members can rent equipment. The most customers are for sailboat rentals, but the shop has equipment for a variety of other activities.

facilities are available for reservists, Department of Defense employees, current contractors and the Services facilities. The facilities are open to anyone 18 years of age or older.

everything you'd need for camping and most water sports.

orkeling gear, wet suits, and equipment are some of the items available.

s can be used here (at Tyndall). Customers can transport equipment on waterways," said Mr. Kussro. "Head out to Econfina, Florida Springs."

are available for those



2nd Lt. Amanda Ferrell

utumn Sowell enjoy a day at the beach at the Bonita Bay.

who pass a free online boating test. Once the test is successfully completed, customers have access to both speed and pontoon boat rentals.

The pavilion areas surrounding the rental shop can be rented for unit-sponsored social functions, family parties or other gatherings.

The pavilion rentals include the reservation of the beach volleyball court, grills, horseshoe pit and playground equipment. Restrooms are on site as well.

The 325th Air Control Squadron hosts their annual "Spring Fling" cook-out bringing all squadron members and their families to the Bonita Bay pavilion and playground area.

"We have the Spring Fling at Bonita Bay because it can accommodate the approximately 250 to 300 people we host every year," said Master Sgt. Les Kerfien, 325th ACS acting first sergeant. "The location is great, the staff is courteous and the facility can comfortably accommodate our entire squadron."

"Our cook-out is a real morale booster and a great opportunity to get everyone together," Sergeant Kerfien said. "(Bonita Bay) has plenty of space for the children's Easter egg hunt, we rent a pontoon boat for rides around the bay and we rent volleyballs (for the beach volleyball court)."

For those unfamiliar with watercraft, sailing and kayaking classes are offered by qualified instructors.

"The Bonita Bay staff has been very helpful," said Lt. Col. Dave Salva, Texas Air National Guard maintenance operations officer. "I'm here TDY for three weeks and I was able to get checked out by Bonita Bay to rent their sailboats."

Classes teaching windsurfing, rock climbing, and skeet shooting are also available. Swimming lessons at the base pool can be scheduled throughout the summer.

There are also special activities planned for children. For example, they get an opportunity to study local habitats and ecology through the youth environmental explorer program's workshops and trips.

"The access we provide to new adventures and beautiful beaches is something we take pride in," said Mr. Kussro. "We have a 60 foot rock wall with a zip line, a ropes course, paintball fields and we offer great customer service at all these facilities."

Every Saturday, paintball enthusiasts meet at one of the three paintball fields here to test their combat skills and war-gaming strategy. With free admission, three fields of play and rental equipment available, the Tyndall paintball facility



Chrissy Cuttita

Staff Sgt. John Horgan gets ready to defend himself on Tyndall's paintball field.

ity is unlike those you will find anywhere else.

"I've been going out there for three years," said Staff Sgt. John Horgan, 325th Aero-medical Dental Squadron bioenvironmental engineer technician. "I volunteer (at the paintball fields) because I enjoy the people who come out to play. They're out there to have a good time."

Safety gear is required and can be rented on site, Sergeant Horgan said. There are refreshments for purchase, or players can bring their own food and beverages to the fields, and bug spray is recommended.

Springtime outdoor activity not covered by Bonita Bay can be suggested through the 325th Services Squadron online customer feedback system at www.325thservices.com/ice. Offering feedback on existing programs is encouraged as well. For more information on Bonita Bay, call 283-3099.



2nd Lt. Amanda Ferrell

Rhonda Davis, Bonita Bay recreational aid, inspects the equipment available for rent through the Outdoor Recreation center. Boating, camping and sporting equipment, pavillion space and watercraft are available for rent at Bonita Bay.



Chrissy Cuttita

Triathletes train on their bicycles Tuesday outside the Fitness Center. They have signed up for the Tynman race scheduled for April 29 here.

Tynman triathlon to put racers to test

2ND LT. WILL POWELL
325th Fighter Wing Public Affairs

Running, swimming and cycling. Alone they represent three separate ways people can stay in shape and relieve stress. But when combined, they create an extremely challenging event that tests the very limit of every competitor’s endurance, strength and willpower.

Known as the triathlon, it’s hailed by many as the ultimate way to “learn what you’re made of.” And the 325th Services Squadron and Company Grade Officer Council are hosting one April 29 here.

“We wanted to do something fun for the Tyndall community while keeping with the Air Force’s ‘fit to fight’ program,” said Mike Donikian, CGOC president and event coordinator. “Our goal was to create an event that had a low cost of entry so that the ‘first-timer’ would be encouraged to come out and see what a triathlon is all about. It will also be a great event for the experienced triathlete.”

The race begins at 8:30 a.m. April 29 on Eagle Drive in base housing. A 600-meter swim in the bay kicks off the race, followed by 12-mile bike ride around base and a three-mile run in base housing. Each event will begin and end at the same “transition area” on Eagle Drive.

“If you can swim, bike and run, you should come out and give this triathlon a try,” Donikian said. “For first-timers, I suggest you come out and just have some fun. Keep an easy pace and resist the urge to

go hard until the end is in sight.” Anyone can sign up to participate until the day of the race, and applications are available at the Fitness Center. Cost is \$30 for USA Triathlon members or \$39 for nonmembers. Three people can also form a relay team where each person performs only one of the three events. To date, nearly 20 people have already registered.

Even though the race does cost money to participate, most triathlons in the local area typically cost double what the Tyndall coordinators are charging, said Donikian.

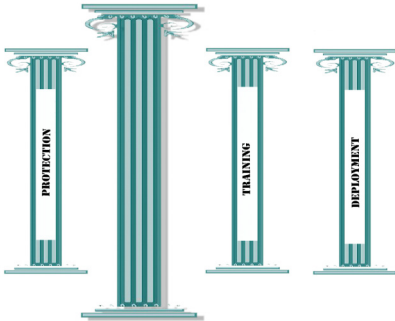
Despite the cost, triathlons are rewarding both mentally and physically, said David Shaw, transition area coordinator and racer.

“Completing a triathlon was one of my life goals, and ever since my first one in 1984 I have continued to use triathlons as a personal goal,” he said. “(Competing) constantly pushes you to do better, and the sense of accomplishment is tremendous.”

Since the race will run throughout base housing, race coordinators are asking base residents to limit driving or use extra caution while driving in that area between 8:30 – 10:30 a.m. April 29.

“If you live in family housing, come out and cheer the (racers) from Tyndall and the surrounding community,” Donikian said. “The racers will definitely appreciate support from base residents, and it will give them that extra edge to do well.”

FORCE SUSTAINMENT



Intramural Sports Standings

Soccer

Team	W	L	Team	W	L
372 TRS	4	0	ACS	2	3
OSS	4	0	83 FWS	1	2
MDG	3	1	TEST	1	3
AMXS	3	2	MSS	1	3
MXS	2	2	53 WEG	0	3
COMM	2	2			

Volleyball

Team	W	L	Team	W	L
AFCEA	6	0	AFRL	3	4
MXS	7	1	ACS	3	4
CONR	5	1	COMM	3	5
83 FWS	5	1	CES	3	6
SEADS	5	3	MSS	2	6
OSS	5	3	CPTS	0	5
372 TRS	3	3	ACS 2	0	8

Bowling

Team	W	L	Team	W	L
601st 2	150	82	RED HORSE	116	116
SFS	145	87	CES	114	118
AMXS	140	92	SVS	113	119
AMU 2	139	93	NCOA	112	120
MXS - Phase	138	94	CS 1	110	122
AMU 3	135	97	MXS	108	124
IAM	134	98	AMMO	108	124
MXS 1	126	106	ACS 1	106	126
MSS 2	126	106	83 FWS 2	101	131
AFCEA	124	108	CONS	100	132
MSS 1	122	110	CS 2	97	135
OSS	122	110	53rd WEG	96	136
AMU 1	121	111	MOS	96	136
Test	120	112	ACS 2	96	136
601st 1	120	112	AAFES	86	146
83 FWS 1	119	113	Med Gp	84	148
			1FS	76	156

2006 King of the Hill softball tournament

Teams are needed for the 2006 King of the Hill softball tournament May 13. Amateur Softball Association rules apply. Three games are guaranteed with single elimination or double elimination (depending on the number of teams). There is also a home run contest and prizes for first/second place and home run champion. The deadline to sign up is May 10 and the entry fee is \$125. For information, contact Master Sgt. Robbie Robinson at 283-5137, Senior Master Sgt. Donnie Morris at 283-4402 or Carlos Rojas at 283-3807.

Briefs

Squadron Change of Command

The 1st Fighter Squadron change of command is 3:01 p.m. May 3 at Hangar 1. The outgoing commander is Lt. Col. Bert Dreher and the incoming commander is Lt. Col. Tom Menker. For more information, contact Capt. Rodney Landsberg at 283-4327.

New York Air National Guard career opportunities

The 106th Rescue Unit in Westhampton Beach, N.Y., has several full-time and part-time openings for Airmen who may be considering leaving active duty and still want to serve the Total Force. Full-time openings include HC-130 and HH-60 engine mechanics, aircraft mechanics and other maintenance personnel who work with survival equipment or aircraft generation equipment. Part-time openings are available in all maintenance areas. To apply, contact (800) 856-3573, ext. 7497.

New York Air Guard navigator openings

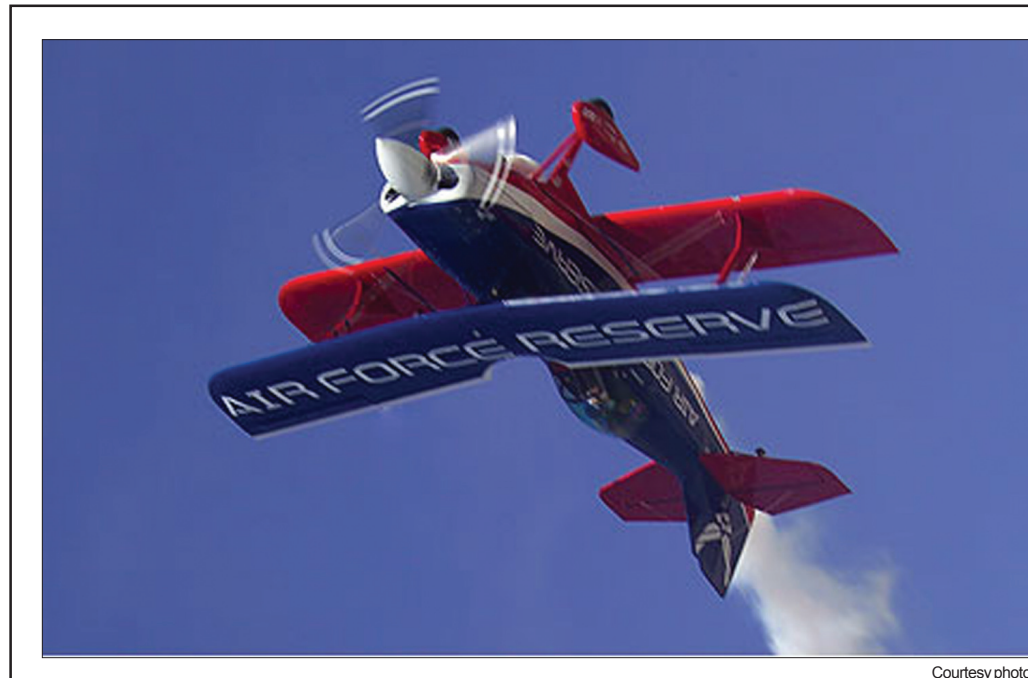
The 109th Airlift Wing, in Scotia N.Y., home of the LC-130 Ski-Birds, has traditional Guard vacancies in the following career fields: positions open through the rank of major for prior-service navigators qualified in any airframe, undergraduate pilot and navigator training for newly commissioned officers. For more information, call 1-800-524-5070, DSN 344-2457 or e-mail 109aw@recruiting.goang.com. The Web site is www.skibird.com.

Internal medicine clinic closed

Tyndall Clinic's internal medicine clinic is closed. For more information, stop by the Tricare service center by the main pharmacy on the first floor of the clinic.

Tricare town hall briefing

The 325th Medical Group Tricare Operations office is co-hosting a city-wide Tricare Town Hall Briefing 6 – 8 p.m. Tuesday at the Tyndall NCO Academy. This briefing is open to all Tricare and Tricare For Life beneficiaries who are interested in their health-care program. The Medicare Part D prescription plan and skilled nursing versus long-term care will also be



Courtesy photo

Roll out

The Air Force Reserve Pitts aircraft performs a flight routine. Ed Hamill, pilot, dives and rolls through three routines that take viewers on a tour of the last 100 years of flight with music and narration. This act will perform at the 2006 Gulf Coast Salute April 22-23.

discussed. Parking is available directly across the street near Burger King. For additional information, call 283-7331.

Parent University

Family Advocacy and the Youth Center will host "Communicating with your Children," 4:30 p.m. Tuesday at the Youth Center. Parents must pre-register for the seminars at the Child Development Center or the Youth Center. For more information, contact Sheri Ward at 283-7511 or Alma Hooks at 283-8094.

Thrift shop position available

The Thrift Shop manager position will be available by June. If you are interest in taking over this Tyndall Officers' Spouses' Club paid position, please contact the current manager, Donna Dickerson, at 286-5484.

Thrift Shop hours

Consignments are 9:30 – 11:30 a.m. Wednesdays–Thursdays. The Thrift Shop is in Bldg. 743, across from the Post Office. Personnel with PCS orders may consign 80 items, of which 40 may be in-season clothing. They can consign one time starting 60 days prior to departure to 60 days after arrival, by appointment. A copy of PCS orders is required. For more information, call 286-5888.

Airman's Attic

Family Services and the Airman's

Attic are open 9 a.m. to 1 p.m. Monday–Friday in Bldg. 747. For more information, call 283-4913.

Quality of Life program

The Tyndall Officers' Spouses' Club has at least \$2,000 to award this year for any project that will benefit members of the base community. Individuals or organizations that have a project to consider for this award should submit a detailed written proposal outlining what the funds would accomplish, the amount of money needed and how to complete the project by Aug. 30. All proposals must be submitted in writing by e-mail to harlielianna@hotmail.com or by mail to Lianna Bodine C/O Tyndall OSC, PO Box 40029, Tyndall AFB, Fla., 32403. Deadline for all proposals is April 28. Awards will be presented the second week of May. For more information, contact Ms. Bodine at 871-4567.

Quarterly Airman published

Read about how space-based capabilities are helping fight the war on terrorism, travel with a joint convoy mission through Iraq or follow the struggles of the Air Force family's tiniest members as they receive life-saving care at the Neonatal Intensive Care Unit at Wilford Hall Medical Center. These features and more highlight the spring 2006 quarterly issue of *Airman* magazine, now available in print and online at www.af.mil/news/airman/.



Catholic services

Daily Mass, 11:30 a.m.

Monday–Friday,

Chapel Two

Reconciliation, before Saturday Mass or by appointment

Saturday Mass, 5 p.m.,

Chapel Two

Sunday Mass, 9:30 a.m.,

Chapel Two

Religious Education, 11 a.m., Bldg. 1476

Protestant services

Traditional worship service, 9:30 a.m., Chapel One

Contemporary worship service, 11 a.m., Chapel Two

Wednesday Fellowship, 5 p.m., Chapel Two

(For more information on other services in the local area, call the Chaplain's office at 283-2925.)

Keeping fit, healthy safely without 'quick fixes'

1st Lt. S.J. Brown

39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey (AFPN) — A common focus for men and women this time of year is getting ready for swimsuit season. Several magazines offer quick fixes, magic diets, miracle pills and more for people wanting to get slim. But, beware.

"The safest way to lose weight is to eat a healthy diet and increase the amount of exercise you do, as there is no magic involved," said Robert Pagenkopf, 39th Medical Group fitness program manager and exercise physiologist. Mr. Pagenkopf helps people reach their fitness goals at the health and wellness center.

"Safety is first, so start slowly and increase your time of exercise to 20 to 30 minutes a day," he said. "Never starve yourself and skip meals. This will only put you in a downward spiral of unhealthy weight loss."

The main thing he wants people to remember when they are trying to lose weight is that a healthy lifestyle change is important and that goals must be

simple and realistic.

"We did not wake up one morning with 20 extra pounds on our body, therefore it will take time to lose that extra weight safely," he said.

"Miracle" weight loss regimens are often called fad diets and are harmful for many different reasons, according to Staff Sgt. Karen Garza, a diet technician here. She said the high protein/low carbohydrate diet is still popular among Americans, but the results from using these types of diet are short-term.

"Once they lose the achieved weight loss, people usually go back to eating the way they used to, which will cause the weight to come back, if not more," said Sergeant Garza, who works at the HAWC with Mr. Pagenkopf. "Some dieters will experience low blood pressure because they are also cutting out important food groups from their diet when eliminating carbs. This means the body is getting deprived of those nutrients."

Other issues associated with a low-carb diet include an increased risk

of heart disease and cancer, as well as reduced athletic performance, rising blood pressure, kidney stones, osteoporosis and fainting, she said.

Lifestyle changes that include proper portion sizes, eating "nutrient foods," and increasing fiber intake and water consumption are safer approaches, Sergeant Garza said.

To lose weight safely and get in shape, Mr. Pagenkopf and Sergeant Garza suggest losing only one half to two pounds per week. Any more would result in muscle and water loss.

Another suggestion they both make is to make only short-term weight loss goals. This lets people obtain realistic, obtainable goals without getting disillusioned or discouraged. They said when people get discouraged, they start seeking alternative ways to obtain those goals. That might mean a "quick fix."

"When someone thinks of a quick fix, liposuction comes to mind," Mr. Pagenkopf said. "However, studies have shown that 43 percent of all individuals who get liposuction will gain

the weight back within six months. It is also a surgery and therefore carries the risk of death. Most people will achieve their desired weight loss through eating a well-balanced diet and with regular exercise."

Mr. Pagenkopf recommends a reasonable workout regimen that includes cardiovascular exercise, resistance training and flexibility exercises. Start off slowly, perhaps three days a week, with 20 minutes a day of aerobic exercise. Gradually increase the frequency of days to five with 30 to 45 minutes of exercise. Make these changes every week or two increasing first the frequency then the time.

"Once you reach your desired aerobic goals, resistance training should be included to increase calorie expenditure and raise metabolic rate," he said. "The more lean muscle a person has increases (his or her) caloric burn and enhances a body-composition change. Combine this fitness regime with proper diet and you have a winning combination for that swimsuit-season body."

Tricare online available for appointment service

Tyndall's Family Practice is almost completely Web enabled with the Department of Defense's Tricare Online Internet medical portal

"If an appointment is available, chances are you can see it online," said 1st Lt. Erin Race, 325th Medical Group clinic marketing manager. "Pediatrics and Flight Medicine will be working toward a greater number of appointments online as we move into summer."

The new program gives Tricare beneficiaries a secure, interactive, one-stop-shopping access to a host of unique and exciting services, tools and resources.

"There is no phone wait and you can go online anytime," said Lieutenant Race, who tried the program and said it took 15 minutes to register and three minutes to book an appointment. "It's nice that people can log on at 3 a.m. if they want to,

and get the first appointment available the next day."

The biggest hurdle is getting people to register, she said.

Once a beneficiary is registered, they can make real-time appointments, check prescriptions or get medical information through libraries and links. Users can also record and update their own medical information, such as immunizations, test results, treatment instructions, medications and more. Information about each Tyndall clinic, hours, driving directions and more will be placed online as well.

For more information, beneficiaries may visit the Web site at www.tricareonline.com or call Tricare customer service at 1-800-600-9332. Agents are available 24 hours a day to assist beneficiaries.

(Courtesy of 325th Medical Group)



This week in Tyndall history ...

April 17, 1943 - The 325th Fighter Group and Twelfth Air Force entered combat in North Africa. Flight Officer Howard T. Cook, 318th Fighter Squadron, made the 325th Fighter Group's first kill.



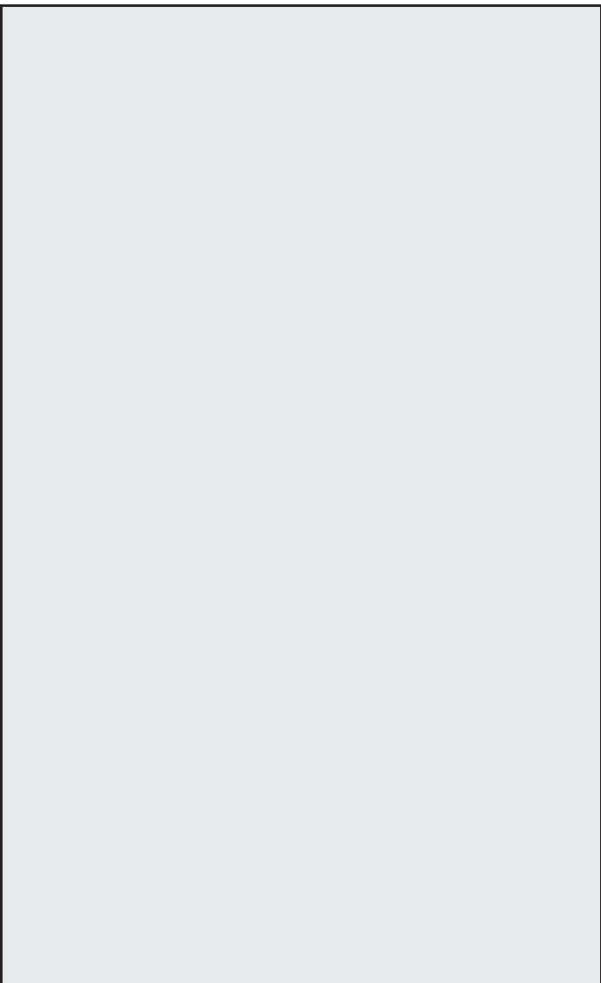
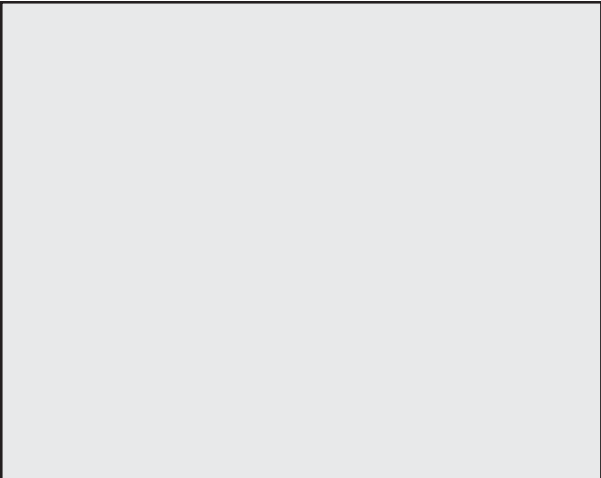
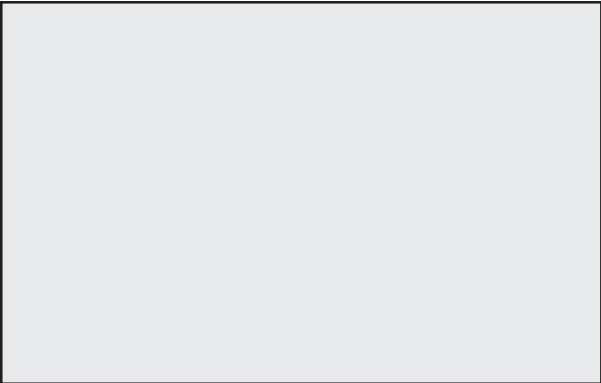
Gulf Coast Salute
Tyndall Air Force Base, Florida 2006



Featuring

The Air Force Thunderbirds
The Army Golden Knights
The Flash-fire Jet Truck

Feel the Thunder April 22-23
For more information, call 283-9560



● **FROM NAVY PAGE 1**

part of Operation Southern Watch to ensure integrity of the Iraqi No-Fly Zone and has enjoyed a long and distinguished teaching career with the Navy. This new position will be something quite different.

“We fight joint ... period,” said Lt. Col. Michael Stapleton, 43rd Fighter Squadron commander. “I feel the same way about integrating with the Navy as I do about winning ... it’s the only way”

He was excited to evade a staff position to fly the Raptor, *Wosje* said jokingly.

“It is an incredible aircraft, far and above anything out there,” he said.

The importance of the joint role will be exploited with the help of Commander *Wosje*.

“With my joint-force carrier experience and what we (the Navy) bring to the fight, we can determine how best to employ those capabilities together. It is like a football team and everyone has their role, but we all need to be running the same plays,” said the Navy commander.

“I knew I had gotten the best assignment the Navy could offer,” said Commander *Wosje*.

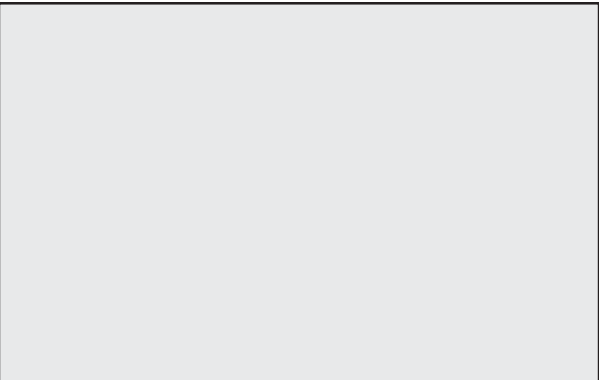
He has more than 2,100 flying hours in the F-18 Hornet and experience flying the F-16 Fighting Falcon. He was a Top Gun instructor from 2000 to 2003 and said that the training programs between the two services are comparable in the ways the skills and standards are instilled into the students.

“We all teach blocking and tackling,” as he made the comparison to football.

The similarities between the pilots in both services are evident in their professionalism and good humor.

“He’s a gifted aviator and tremendous tactician,” said Colonel Stapleton.

“Frankly, when you get him in the air, he looks and sounds just like an Air Force fighter pilot,” he said jokingly.



Capt. J. Elaine Hunnicutt

Navy Lt. Cmdr. Michael Wosje checks the technical orders during a pre-flight inspection.

“This has been a fantastic experience, thus far,” said Commander *Wosje*. “I am extremely impressed with the professionalism of the 43rd; the Air Force has developed a first-rate training program for a first-rate fighter.”

The 43rd is further diversifying their training program to include the “Total Force,” Guard and Reserve as well as a British exchange pilot.

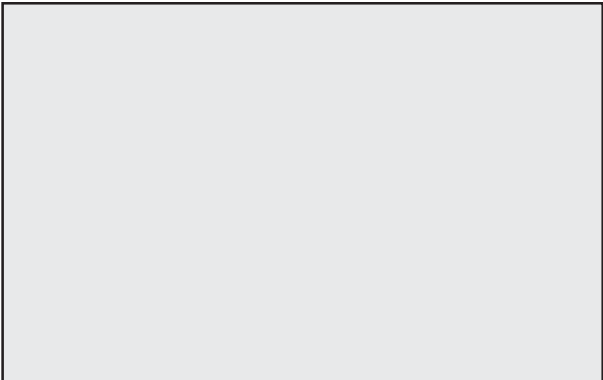
● **FROM EUBANKS PAGE 1**

from previously getting ready for the command-level evaluation.

But it was not without its challenges, primarily, staying focused. He said while the evaluators have checklists they can use, their main concern is to ensure the squadron is meet-

ing the needs of its customers.

“The evaluation is a major event for us but we have to continue to take care of the needs of our Airmen and their families,” Colonel Piccolo said. “It takes an incredible amount of dedication to get prepared for the evaluation without letting anything else slip.”





Funshine NEWS



www.325thservices.com

☆ Log onto the NEW & IMPROVED Web site ☆

www.325thservices.com

All ranks at the O' Club
Easter Sunday Brunch!
Sunday
Two seatings 10:30 a.m. and 12:45 p.m.
Adults \$18.95
Children \$ 8.50
Children 4 and under free
Members receive \$2 discount
Reservations strongly recommended.

Menu Includes:
 - carving station
 - seasoned vegetables
 - omelets (made to order)
 - Belgian waffles
 - cream beef
 - home fries
 - sausage and bacon
 - biscuits
 - mashed potatoes
 - gravy
 - assorted fruit
 - dessert station



For details, contact 283-4357.

World of Flavors
CRUSTANO'S
SANDWICH CRAFTERS

GRAND OPENING Monday
at the Bowling Center
Try our new variety of delicious sandwiches!
283-2380



GULF COAST SALUTE 2006



5K Fun Run/Walk
Prizes awarded! April 22 **Prizes awarded!**
Check-in 7 a.m.
 Walkers 8 a.m. and runners 8:30 a.m. will start at the Fitness Center.
 Registration will be available at the Fitness Center.
 Tyndall Fitness & Sports Center
 283-2631 & Fax 283-4543
 Bldg. 939

9th Annual
BIG BUNNY EGG HUNT
Saturday at Tyndall Youth Center
 1-4 years old 10 a.m.
 5-8 years old 11 a.m.
 9-12 years old 1 p.m.

\$5
 includes games & refreshments
 B.Y.O.B. - bring your own basket
 Wood Manor and Fells Lake
 boating residents are encouraged to walk to the center due to limited parking around the center

GLOW IN THE DARK EGG HUNT
 (for teens only)
Tonight, 7:30 p.m.
 For ages 13-18 (ID may be required)
\$5 non-members - \$3 members
 B.Y.O.B. - bring your own basket B.Y.O.F. - bring your own flashlight
 15,000 eggs filled with candy and prizes
 For details call **283-4366** 

Attention Team Tyndall: Place a *free* classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129, Tyndall AFB, FL 32403, or faxed to 283-3225. Ads can also be sent in by e-mail to checkertailmarket@tyndall.af.mil.

Rank/Name _____

Unit/Office Symbol _____

Duty Phone _____

Home Phone _____

Item description (One ad per form)
 (30 words or less)

We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your Yes ☐ No ☐
 attention?

Do you feel there is a good mix of Yes ☐ No ☐
 local, command and Air Force-level news?

Do the photos encourage you to Yes ☐ No ☐
 read accompanied articles?

Is the Gulf Defender easy to read Yes ☐ No ☐
 and follow?

What did you find most interesting
 in this week's paper? _____

If you could change one thing in the
 paper, what would it be? _____

Comments: _____



Mark Long

Strapping in

Civil Air Patrol Capt. Bob Dunlop helps CAP cadet Airman 1st Class Kevin Holliday strap into a corporate CAP aircraft, while Airman Basic Brittany Fraize looks on, before taking off April 1 at the Panama City airport. Tyndall's Panama Composite Squadron of CAP recently participated in orientation rides for new cadets in the program. The purpose is to give them an introduction to flying, a major part of their aerospace education studies. During these flights, the cadets are given control of the aircraft once they have been shown how the controls are used.

● FROM TAX PAGE 3

Roth IRA, just pick up any financial magazine or go online. Virtually all have their own well-stocked Web sites that you can access for free!

If you're still reading, you must have zero credit card debt and a fully funded retirement portfolio ... good for you! Here are some other wealth-generating ideas for your tax refund: Pay down your mortgage, start a college savings plan for your children, start or beef-up a "rainy-day" fund, fix your car (a well-maintained car gets better gas mileage), give a portion to charity (another write-off ... you know it's AF Assistance Fund season), open a brokerage account and buy solid dividend-paying stocks, purchase new energy-saving appliances or windows, or invest in yourself by learning a skill or finishing a degree program.

No matter what you choose to do, think about the long-term im-

plications. Is this something that will *cost* you more money or something that will *make* you money? The wealthy didn't get their fortunes buying items at the mall, they got there by purchasing items that grew in value, saved them future money or paid dividends. You can too!

For supervisors, officers, commanders and friends, it's incumbent upon you to look out for your fellow Airmen when they're tempted by the comforts of instant gratification. In the military we do a great job of mentoring our co-workers on the battlefield, but sometimes forget about the fight for financial freedom. Help your Airmen make sound financial decisions with their tax refund. For many Airmen, their tax refund is the largest lump-sum check they've ever had — and a great opportunity for a positive change in their financial flightplan.

OEF, OIF veterans receive preference for federal hiring

WASHINGTON (AFPN) — Airmen now have increased eligibility for veterans’ preference when released or discharged from active duty, Office of Personnel Management officials here wrote in a recently released memo.

More servicemembers are now eligible for veterans’ preference when applying for government civilian jobs. President George W. Bush signed into law the Defense Authorization Act for fiscal 2006, which contained two provisions that broadened the definition of a “veteran” and clarified eligibility for those released or discharged from active duty, said the statement.

The first provision gives preference to those who have served on active duty for a period of more than 180 consecutive days, any part of which occurred during the period beginning Sept. 11, 2001, and ending at the close of Operation Iraqi Freedom, regardless of location, provided they meet other eligibility conditions.

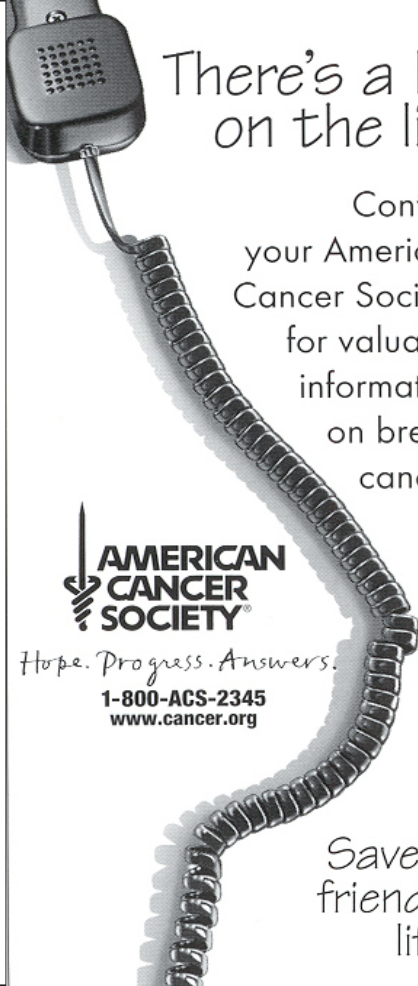
The second provision clarifies veterans’ preference eligibility for individuals “who are discharged or released from active-duty service,” provided that they, too, meet other eligibility requirements. In the past, the statement only gave eligibility to “individuals separated from the armed forces.”

Linda Springer, director of OPM, said the changes are good news for servicemembers.

“These provisions recognize veterans for their service during a critical time in U.S. history,” she said. “As a result, more eligible veterans who served on active duty during the designated period will be entitled to veterans’ preference.”


Since the Civil War, veterans have been given preference in appointments to federal jobs. Congress enacted laws to prevent veterans seeking federal employment from being penalized for their time in military service.

For more information, visit www.opm.gov/employ/veterans/.



There’s a lot on the line

Contact your American Cancer Society for valuable information on breast cancer.

 **AMERICAN
CANCER
SOCIETY®**

Hope. Progress. Answers.
1-800-ACS-2345
www.cancer.org

Save a friend’s life.

